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Winning at IELTS

“非常雅思高分训练”系列

口语技能精析精练

+

模拟考场实战演练

Dave Robinson 编著

姚虹 翻译

A PRACTICAL GUIDE
TO THE IELTS SPEAKING TEST



北京语言大学出版社

BEIJING LANGUAGE AND CULTURE
UNIVERSITY PRESS

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“非常雅思高分训练”系列为备考雅思的中国考生编写，共含四个分册：

《听力专题特训+高频词汇快速突破》

《阅读专题特训+高频词汇快速突破》

《写作技能精析精练+必会句型与词语快速突破》

《口语技能精析精练+模拟考场实战演练》

与其他国内外英语考试相比，雅思考试不仅题量大，题型多样化，而且内容涉及的题材广泛，因此试题难度较大。要成功应考雅思，关键之一就是要熟悉、掌握雅思考试的高频词汇、短语和句型。“非常雅思高分训练”系列是在总结了中国雅思考生在英语听、说、读、写各方面的常见问题和难点，考察了现有各种雅思用书的长短处的基础上编写而成，是一套编写思路全新的高效雅思训练用书。

本系列用最简练的语言、最明了的形式——表格的形式介绍雅思各项考试的要求、题型和应试技巧，既节省考生的时间，又突出最关键的要点，便于考生掌握、记忆和实践。

阅读分册含 12 个专题的阅读练习和 3 套阅读模拟试题；听力分册含 10 个专题的听力练习、3 套听力模拟试题和 1 张录有全部听力材料的 MP3 光盘。这两个分册都是根据雅思考试的常见话题，分专题设计各种题型的练习，并按专题提供分类高频词汇。这种编排方法使考生在训练听力/阅读技能的同时学习和积累相关专题的词汇。与脱离上下文、单纯死记硬背单词的学习方法相比，本系列提倡的这种在听和读的过程中学习词汇、同类专题的词汇集中学习的方法，保证了听力/阅读训练与词汇学习之间的良性互动，将大大提高考生学习、训练的效率，取得事半功倍的效果。听力与阅读分册还都附赠一本袖珍分类词汇手册，方便考生随身携带，随时查阅、记忆。

写作分册除了针对不同的考试任务，简明介绍写作步骤、文章结构、写作

出版说明

要点、对范文进行详细点评以外，还提供了各种专题、各种表达的大量高频句型和词语，供考生学习、记忆，在写作练习中使用。考虑到雅思议论文写作难度较大，本书的编者还附上了“雅思议论文论点论据 1000 句”，并给出了重点词语的汉语译文。这些高频句型和词语以及“雅思议论文论点论据 1000 句”，为考生打好雅思写作这一仗，准备了充足的武器和弹药。

口语分册结合雅思口试的要求和内容，针对中国考生在英语口语方面的常见错误和弱点，重点帮助考生解决在语音、语法、流畅表达、会话技巧等方面的问题。编者根据雅思口试三个部分的常见话题编写了“小王的故事”，以独特的、生动活泼的方式向考生提供回答雅思口试问题的丰富素材、句型和用语。该分册的另一个亮点是本书附赠的一张光盘，光盘上除了录有各种语音练习的 MP3 音频资料，还包括独特的 Video 视频资料，考生不仅可以亲耳听见、亲眼看到雅思模拟口试的实况，而且可以利用这些视频资料，进行真正意义上的雅思口试实战演练。

本系列的编者均为长期工作在雅思培训第一线的雅思培训专家，本系列是他们多年教学、培训实践经验的结晶。相信“非常雅思高分训练”系列一定能够帮助雅思考生更加高效地提高英语听说读写的技能，更加高效地掌握雅思应试技巧。

预祝考生们在雅思考试中取得理想的成绩！

To the Reader

This book is all about practicing your oral English with the aim of improving your pronunciation, vocabulary, fluency, and conversation management skills, so that you will be able to do well in an IELTS speaking test.

This book is written for students who have come to the realization that they must personally take responsibility for improving their oral English. It provides you with a step-by-step method that will go a long way in helping you to closely match the fluency and pronunciation range that is considered normal for native English speakers.

The format of this book is ideal for self-study, studying with a friend, and for classroom use.

For Chinese students the speaking score on an IELTS test is typically the lowest of the four skills tested: reading, writing, listening, and speaking. This is understandable though since due to the current limited English environment in China there are few practical means for students to get the much-needed oral English practice outside of the classroom. What often happens when many Chinese students do speak English is that words are mispronounced, sentence structures come out wrong, and the proper words to express their meaning do not come to mind. The result is students get nervous, lose confidence, and their fluency suffers. And fluency is one of the most important factors that determine a person's oral English abilities.

What most Chinese English language students say at one time or another is "My English is so poor," "How can I improve my oral English?" and "I don't feel that my oral English is improving." They are discouraged and their confidence is waning.

This book is designed to address those needs, complaints and concerns in a straightforward way.

The book starts off with basic pronunciation practice exercises for saying letters and sounds that are troublesome for most Chinese English language learners to make. From there it works its way through various exercises designed to improve your pronunciation, grammar, fluency, and vocabulary all the way up to practicing interactive IELTS interviews.

Timing exercises are used in this book as a practical way for you to see instant measurable results of your progress. By plotting the information gathered from your accumulated practice sessions, a clear picture of your improvements will start to emerge. Monitoring and charting your progress will give you confidence and encouragement to keep up with the program.

To the Reader

The Video included with this book facilitates the IELTS practice tests. The MP3 that comes with the book is full of exercises of pronunciation, vocabulary, readings, and extension exercises of IELTS practice interviews that compliment the book and the Video.

Central to the book is a story about a fictional Chinese character named Wang Xiaolin (Victor) from a fictional city in China. You will use the silent and oral reading of The Story of Wang as the foundation for improving your oral English fluency skill. After all, if you can't read fluently how can you expect to speak fluently? The topics commonly used in an IELTS speaking test are discussed throughout the story. A lot of vocabulary and sentence structures you will need when you take the 3-part IELTS speaking test are woven into The Story of Wang.

Whether you think you can or you can't do something, you are right either way. Therefore it is only your thoughts that stand in the way of you fulfilling your dreams. Develop a positive mental attitude and think positively. Don't be shy, give it a try, you can do it and this book can help you. And remember: Practice is the mother of fluency when it comes to speaking English!

Dave Robinson

本书是英语口语练习辅导用书，目的是提高你的发音、词汇及会话水平，以便让你在雅思口试中获得成功。

本书是为那些已经认识到自己需要提高英语口语的学生而编写的。本书采用循序渐进的方法，帮你把语音和流利程度提高到接近英语为母语者的水平。

本书编排合理，既适于自学，也适于与他人一起学习，或课堂使用。

在雅思考试所测试的阅读、写作、听力、口语四项技能中，中国学生的口语成绩往往最差。其实这是可以理解的，因为由于目前中国英语学习环境的局限，学生在课外没有什么练习口语的机会。很多学生即使开口说英语，往往发音有误，使用的句型不对，也想不起合适的词语来表达意思。结果学生变得很紧张，缺乏自信，英语说不流利。而流利是判断一个人的综合口语能力的最为重要的因素之一。

大多数中国学生在学习英语的过程中都说过这样的话：“我的英语不好。”“怎样才能提高口语呢？”“我觉得我的口语没有提高。”他们变得心灰意冷，日益沮丧。

本书正是针对这些学生的需要、抱怨和忧虑而编写的。

本书从基础发音练习开始（主要针对大多数中国学生最为头疼的一些字母和音素的发音），随后是为改进语音、语法、流畅程度和词汇而设计的各种各样的练习，最后是灵活多变的交互式雅思口试练习。

本书的计时练习提供了一种实用的即时测量进步的方法。把你一次次练习的情况记录下来，一幅显示你的进步的清晰图画便呈现出来。对进步进行监测、记录可以给你信心和鼓励，使你把学习继续进行下去。

本书所附的 Video 视频资料可以更好地促进雅思口试训练；所附的

MP3 音频资料中丰富的语音、阅读、词汇和雅思口试的扩展练习等，可作为本书和 Video 视频资料的补充材料。

在本书的“小王的故事”中，王小林是个虚构的人物，他所在的城市也是虚构的。我们听王小林讲述自己的生活，先默默跟读，然后大声朗读，这样可以为提高自己的英语口语流利程度打下基础。毕竟，如果不能流畅地读英语，怎么能期望流利地说英语呢？故事中涉及的话题全部都是雅思口语考试中的常见话题；应对雅思口语考试三个部分需要的词汇和句型也都融入到了故事当中。

决定你能否实现自己的梦想的是你的意愿。要树立一种积极的心态，向积极的方向去努力。不要不好意思，去试一试。你能做到！本书可以帮助你。记住：对于英语口语而言，练习是流畅之母！

大卫·鲁宾逊

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Guide to the Book

本书使用指南

0.1 Goals for the Practice

训练目标

0.2 How to Use the Record-Keeping Charts

如何使用记录表

0.3 How to Use the Reading of The Story of Wang

如何使用“小王的故事”进行练习

0.4 How to Use the Video and MP3

如何使用 Video 和 MP3

Guide to the Book

0.1 Goals for the Practice 训练目标

Chapter/ Location 章节/位置	Instructions 说明	Goals 目标
Pronunciation Practice 语音练习		
2.4 Ex. 1 / P44	There are 30 words in the word-ending sound word list. Score 1 point for each word. 共有 30 个词, 每个词 1 分。	Read aloud the word list 4-5 times in 1 minute. 1 分钟读 4~5 遍表中的单词。
2.5.1 Ex. 2 / P47	There are 27 words in the list for the "l" words. Score 1 point for each word. 共有 27 个带 "l" 的词, 每个词 1 分。	Read aloud the word list 4-5 times in 1 minute. 1 分钟读 4~5 遍表中的单词。
2.5.2 Ex. 3 / P48	There are 36 words in the list for the "n" and "kn" words. Score 1 point for each word. 共有 36 个带 "n" 和 "kn" 的词, 每个词 1 分。	Read aloud the word list 3 times in 1 minute. 1 分钟读 3 遍表中的单词。
2.5.3 Ex. 4 / P50	There are 27 words in the list for the "ng" words. Score 1 point for each word. 共有 27 个带 "ng" 的词, 每个词 1 分。	Read aloud the word list 4-5 times in 1 minute. 1 分钟读 4~5 遍表中的单词。
2.5.4 Ex. 5 / P52	There are 54 words in the list for the "th" words. Score 1 point for each word. 共有 54 个带 "th" 的词, 每个词 1 分。	Read aloud the word list twice in 1 minute. 1 分钟读 2 遍表中的单词。
2.5.5 Ex. 6 / P53	There are 27 words in the list for the "v" words. Score 1 point for each word. 共有 27 个带 "v" 的词, 每个词 1 分。	Read aloud the word list 4-5 times in 1 minute. 1 分钟读 4~5 遍表中的单词。
2.5.6 Ex. 7 / P54	There are 27 words in the list for the "w" words. Score 1 point for each word. 共有 27 个带 "w" 的词, 每个词 1 分。	Read aloud the word list 4-5 times in 1 minute. 1 分钟读 4~5 遍表中的单词。
2.5.7 Ex. 8 / P56	There are 21 items in the "v" & "w" comparison exercise. Score 1 point for each word. 共有 21 项带 "v" 和 "w" 的词的对比练习。每个词 1 分。	Read aloud the list 2 times in 1 minute. 1 分钟读 2 遍。
2.5.8 Ex. 9 / P57	There are 30 words equaling 15 minimal pairs for "l, n, ng, th, v, w" respectively. Score 1 point for each word. "l, n, ng, th, v, w" 每组有 30 个词 (15 对) 最小对立体练习。每个词 1 分。	Read aloud 15 pairs correctly in 1 minute. 1 分钟正确读出 15 对词。

续表

Chapter/ Location 章节/位置	Instructions 说明	Goals 目标
2.5.8 Ex. 10 / 58	There are 21 sentences and expressions containing minimal pair words. Score 1 point for each word. 共有 21 个含最小对立体单词的句子或短语, 每个词 1 分。	Read aloud all of the sentences and expressions containing minimal pair words correctly in 1 minute. 1 分钟正确读出所有含最小对立体单词的句子和短语。
2.6 Ex. 12 / P60	There are 102 words involving voice change for pronunciation of simple past tense regular verbs. Score 1 point for each word. 共有 102 个涉及一般过去时规则动词的音变的词, 每个词 1 分。	Read aloud all of the words correctly within 1 minute. 1 分钟正确读出所有单词。
2.7 Ex.13 / P62	There are 50 words involving pronunciation changes of the ending sound of plural nouns. Score 1 point for each word. 共有 50 个词, 涉及名词复数结尾的音变, 每个词 1 分。	Read aloud the word list twice correctly in 1 minute. 1 分钟正确读出 2 遍所有词。
2.9 Ex. 14 / P71	There are 12 pairs of practice sentences for using reductions when speaking fluently. Score 1 point for each word. 共有 12 对句子, 供练习流畅表达中单词弱化形式的使用, 每个词 1 分。	Read aloud the sentences in the right-hand reduction column once correctly in 1 minute. 1 分钟正确读 1 遍右栏中弱化形式的所有句子。
Silent Reading Practice 默读练习		
4.2 Ex. 15	Read a random passage of text from The Story of Wang for 15 seconds. 从“小王的故事”中任选一段, 默读 15 秒钟。	Read silently 50-90 words correctly within 15 seconds. 15 秒钟内正确默读 50~90 个词。
4.2 Ex. 16	Read a random passage of text from The Story of Wang for 30 seconds. 从“小王的故事”中任选一段, 默读 30 秒钟。	Read silently 100-180 words correctly within 30 seconds. 30 秒钟内正确默读 100~180 个词。
4.2 Ex. 17	Read a random passage of text from The Story of Wang for 45 seconds. 从“小王的故事”中任选一段, 默读 45 秒钟。	Read silently 150-270 words correctly within 45 seconds. 45 秒钟内正确默读 150~270 个词。

Guide to the Book

续表

Chapter/ Location 章节/位置	Instructions 说明	Goals 目标
4.2 Ex. 18	Read a random passage of text from The Story of Wang for 60 seconds (1 minute). 从“小王的故事”中任选一段，默读 1 分钟。	Read silently 200-360 words correctly within 60 seconds. 1 分钟内正确默读 200~360 个词。
Oral Reading Practice 朗读练习		
4.2 Ex. 19	Read aloud a random passage of text from The Story of Wang for 15 seconds. 从“小王的故事”中任选一段，朗读 15 秒钟。	Read aloud 38-63 words correctly within 15 seconds. 15 秒钟内正确读出 38~63 个词。
4.2 Ex. 20	Read aloud a random passage of text from The Story of Wang for 30 seconds. 从“小王的故事”中任选一段，朗读 30 秒钟。	Read aloud 75-125 words correctly within 30 seconds. 30 秒钟内正确读出 75~125 个词。
4.2 Ex. 21	Read aloud a random passage of text from The Story of Wang for 45 seconds. 从“小王的故事”中任选一段，朗读 45 秒钟。	Read aloud 113-188 words correctly within 45 seconds. 45 秒钟内正确读出 113~188 个词。
4.2 Ex. 22	Read aloud a random passage of text from The Story of Wang for 60 seconds (1 minute). 从“小王的故事”中任选一段，朗读 1 分钟。	Read aloud 150-250 words correctly within 60 seconds. 1 分钟内正确读出 150~250 个词。
Fluent Speaking Practice 流畅表达练习		
Video Ex. 23	Speak fluently when answering questions on the Video Practice IELTS Interview without referring to any notes. 不看笔记，流畅地回答 Video 上的雅思模拟口试考官提问。	Speak 25-33 words fluently without much hesitation within 15 seconds. 15 秒钟内没有过多迟疑地说出含有 25~33 个词的句子。
Video Ex. 24	Speak fluently when answering questions on the Video Practice IELTS Interview without referring to any notes. 不看笔记，流畅地回答 Video 上的雅模拟思口试考官提问。	Speak 50-65 words fluently without much hesitation within 30 seconds. 30 秒钟内没有过多迟疑地说出含有 50~65 个词的句子。

续表

Chapter/ Location 章节/位置	Instructions 说明	Goals 目标
Video Ex. 25	Speak fluently when answering questions on the Video Practice IELTS Interview without referring to any notes. 不看笔记, 流畅地回答 Video 上的雅思模拟口试考官提问。	Speak 75-98 words fluently without much hesitation within 45 seconds. 45 秒钟内没有过多迟疑地说出含有 75~98 个词的句子。
Video Ex. 26	Speak fluently when answering questions on the Video Practice IELTS Interview without referring to any notes. 不看笔记, 流畅地回答 Video 上的雅思模拟口试考官提问。	Speak 100-130 words fluently without much hesitation within 60 seconds. 1 分钟内没有过多迟疑地说出含有 100~130 个词的句子。
Video Ex. 27	Speak fluently when answering questions on the Video Practice IELTS Interview without referring to any notes. 不看笔记, 流畅地回答 Video 上的雅思模拟口试考官提问。	Speak 150-195 words fluently without much hesitation within 90 seconds. 1.5 分钟内没有过多迟疑地说出含有 150~195 个词的句子。
Video Ex. 28	Speak fluently when answering questions on the Video Practice IELTS Interview without referring to any notes. 不看笔记, 流畅地回答 Video 上的雅思模拟口试考官提问。	Speak 200-260 words fluently without much hesitation within 120 seconds. 2 分钟内没有过多迟疑地说出含有 200~260 个词的句子。

0.2 How to Use the Record-Keeping Charts

如何使用记录表

When doing a timing exercise you need to refer to the Record-Keeping Charts. The Goals for the Practice chart above gives an overview of all the practice exercises in the book.

Once you start doing the timing exercises, practice every day from then on. Limit your combined daily total time using any or all of the different types of practice to only the time it takes to complete each task once. Small gradual steps produce greater results than trying to do too much in one day.

做计时练习要使用记录表。“训练目标”表给出了本书所有练习的概览。

一旦开始计时练习, 就要坚持每天练习。控制每天练习的总时间, 要在将任何或所有不同类型的练习只做一次的时间范围内, 因为循序渐进比一天做过量的练习效果更好。